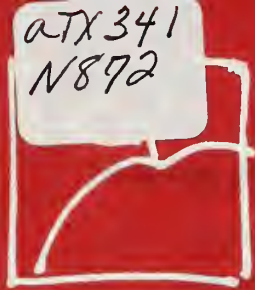


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Nutri - Topics

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Nutrition and Cardiovascular Disease

Magazine and Newsletter Articles (in order by year)

Consumers can obtain a copy of the articles from libraries or through the organizations that produce them.

"A consumer's guide to fats." Eleanor Mayfield. *FDA Consumer*, 28(4):15-19. May 1994.

"For your heart's sake, more B vitamins." *Tufts University Diet & Nutrition Letter*, 11(12):1-2. Feb. 1994.

"The heart health-E vitamin?" Bonnie Liebman. *Nutrition Action Healthletter*, 21(2):8-10. Jan./Feb. 1994.

"The New Food Label. Help in preventing heart disease." Paula Kurtzweil. *FDA Consumer*, 28(11):19-24. Dec. 1994.

"The New Food Label. Scouting for sodium and other nutrients important to blood pressure." Paula Kurtzweil. *FDA Consumer*, 28(8):18-22. Sept. 1994.

"The last supper?" Bonnie Liebman. *Nutrition Action Healthletter*, 21(4):6-7. May 1994.

"Lowering cholesterol." Marilyn Larkin. *FDA Consumer*, 28(2):27-31. March 1994.

"The salt shake out." Bonnie Liebman. *Nutrition Action Healthletter*, 21(2):1, 5-7. March 1994.

"The shake out on sodium. An interview with David A. McCarron, M.D." *Food Insight*, pp. 2-3. May/June 1994.

"Better to eat ze main meal earlier?" *Tufts University Diet & Nutrition Letter*, 11(4):1. June 1993.

"The heart of the matter." Bonnie Liebman & Jayne Hurley. *Nutrition Action Healthletter*, 20(8):1, 5-7. Oct. 1993.

"Nutrition. Taking heart to fat." Kristine Napier. *Weight Watchers Magazine*, 27(2):26-27. Feb. 1993.

"Iron and heart disease need more study." *Food Insight*, p. 6. May/June 1993.

Magazines and Newsletters (in order by title)

FDA Consumer. New Orders, Superintendent of Documents, P.O. Box 371954, Pittsburgh, PA 15250-7954.

Food Insight: Current Topics in Food Safety and Nutrition. IFIC Foundation, 1100 Connecticut Ave., NW, Suite 430, Washington, D.C. 20036. (202) 296-6540.

Nutrition Action Healthletter. Center for Science in the Public Interest, 1875 Connecticut Ave., NW, Suite 300, Washington, D.C. 20009-5728. (202) 332-9110.

Tufts University Diet and Nutrition Letter. 53 Park Pl., New York, NY 10007. (212) 608-6515.

Weight Watchers Magazine. Weight Watchers International, 500 N. Broadway, Jericho, NY 11753-2196. (516) 949-0400.

Handouts (in alphabetical order by title)

Consumers can request a copy of the items directly from the following organizations.

Available from the Health Promotion Council of Southeastern Pennsylvania, Inc., 311 S. Juniper St., Suite 308, Philadelphia, PA 19107. (215) 546-1276. (Low literacy materials.)

Mr. Bates Learns about Cholesterol. 4 pp.

Your Best Body: A Story about Losing Weight - Parts 1-4. 4 pp. each.

Available from the National Center for Nutrition and Dietetics, The American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (800) 366-1635 or (312) 899-4854 in the Chicago area.

Lean Toward Health: Quick, Easy, and Delicious Ways to Reduce the Fat in Your Diet. Rev. 1995. 23 pp.

Nutrition Fact Sheet Series:

ABC's of Fats, Oils and Cholesterol. (in Spanish) 1995. 2 pp.
Fats and Oils: A Balancing Act. 1994. 2 pp.
Healthy Eating - Make Yours Easy, Convenient, and Delicious! 1995. 2 pp.
Reducing the Fat in Baked Goods. 1994. 2 pp.

Available from the National Heart, Lung, and Blood Institute Information Center, P.O. Box 30105, Bethesda, MD 20824-0105. (301) 251-1222.

Check Your Healthy Heart I.Q. Rev.
NIH Publication No. 92-2724. Oct. 1992. 2 pp.

Cholesterol in Children: Healthy Eating Is a Family Affair: Parents' Guide.
NIH Publication No. 92-3099. Nov. 1992. 52 pp.

Eat Right to Help Lower Your High Blood Pressure.
NIH Publication No. 92-3289. Nov. 1992. 128 pp.

Eating with Your Heart in Mind (7-10 Year Olds).
NIH Publication No. 92-3100. Nov. 1992. 36 pp.

Heart Health...Your Choice (11-14 Year Olds).
NIH Publication No. 92-3101. Nov. 1992. 39 pp.

So You Have High Blood Cholesterol. Rev. DHHS.
NIH Publication No. 93-2922. Dec. 1993. 34 pp.

Facts about Heart Disease and Women Series. July 1994. 4 pp. each:

Are You at Risk?
NIH Publication No. 94-3654

Getting Physical.
NIH Publication No. 94-3656

Preventing and Controlling High Blood Pressure.
NIH Publication No. 94-3655

Reducing High Blood Cholesterol.
NIH Publication No. 94-3658

Available from the National Institute on Aging, National Institutes of Health, Public Health Services, U.S. Dept. of Health and Human Services, P.O. Box 8057, Gaithersburg, MD 20898-8057. (800) 222-2225.

Be Sensible about Salt. AGE PAGE. 1991. 2 pp.

Books (in alphabetical order by title)

These books are in many libraries. You may also order these through your local bookstore or directly from the publisher.

American Heart Association Cookbook. 5th ed., abridged. New York: Random House Large Print in association with Times Books, Inc., 1993. 651 pp.

American Heart Association Kids' Cookbook. 1st ed. New York: Times Books, 1993. 127 pp.

Combating Your Child's Cholesterol: A Pediatrician Shows You How. Reuben Reiman and John Hanc. New York: Plenum Press, 1993. 316 pp.

Grocery Shopping Guide: A Consumer's Manual for Selecting Foods Lower in Dietary Fat, Saturated Fat and Cholesterol. 3rd ed. Nelda Mercer. Ann Arbor, MI: University of Michigan Medical Center, 1991. 376 pp.

The Heart Healthy Gourmet. Tom and Arlene Mills and Cecilia Hennig. Vero Beach, FL: Healthy Heart Gourmet, Inc., 1994. 256 pp.

Indian Light Cooking: Delicious and Healthy Food from One of the World's Great Cuisines. Ruth Law. New York: Donald I Fine, 1994. 368 pp.

Lean Italian Cooking. Anne Casale. New York: Fawcett Columbine, 1994. 215 pp.

The Lowfat Jewish Vegetarian Cookbook: Healthy Traditions from Around the World. Debra Wasserman. Baltimore, MD: Vegetarian Resource Group, 1994. 224 pp.

The Low-Fat Way to Cook. Birmingham, AL: Oxmoor House, 1993. 256 pp.

Skimming the Fat: A Practical Food Guide. Maureen Callahan. Chicago, IL: The American Dietetic Association, 1992. 32 pp.

What's Cooking at the Cooper Clinic: Our Best Recipes for Your Best Health. Nutrition Dept. Dallas, TX: The Dept., 1992. 228 pp.

The Wellness Lowfat Cookbook. Editors of the Wellness Cooking School and the University of California at Berkeley *Wellness Letter*. New York: Rebus, Inc., 1993. 255 pp.

Contacts for Assistance:

Local Contacts (listed in the telephone directory)

Ask for the:

American Heart Association (state affiliates) Nutritionist
Dietetic Association (state or regional chapter) Dietitian
Health Department (city, county, state) Public Health Nutritionist
Hospital Dietitian

National Contacts:

Food and Nutrition Information Center, National Agricultural Library, USDA, 10301 Baltimore Blvd., Room 304, Beltsville, MD 20705-2351. (301) 504-5719.

National Center, American Heart Association, 7272 Greenville Ave., Dallas, TX 75231.
(800) AHA-USA-1.

National Center for Nutrition and Dietetics, American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-4853 or (800) 366-1655.

National Heart, Blood, and Lung Institute Information Center, P.O. Box 30105, Bethesda, MD 20824-0105. (301) 251-1222.

Texas Heart Institute, Texas Medical Center, MC1-194, P.O. Box 20345, Houston, TX 77225-0345. (800) 292-2221 or (713) 794-6536.

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- Food and Nutrition Information Center Staff

This Nutri-Topics was compiled by Shirley King Evans, Nutritionist,
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The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. This *Nutri-Topics* is issued in three editions: Health Professional/Researcher, Consumer, and Educator.

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